



4 - Navy Lodge



8 - Football frenzy

Boxer, John Paul Jones make stop in Sasebo

Released by Boxer, CFAS Public Affairs

USS Boxer (LHD 4) and USS John Paul Jones (DDG 53) arrived in Sasebo May 17 for a routine port visit.

The visit gave more than 1,400 Sailors and Marines embarked aboard Boxer and John Paul Jones a chance to enjoy the sights and culture of Sasebo while the amphibious assault ship and the guided-missile destroyer took on stores and other necessities in preparation for

Exercise Talisman Sabre, a combined exercise between U.S. and Australian forces in the 7th Fleet area of responsibility.

Talisman Sabre 2005 will involve more than 17,000 U.S. and Australian personnel from Navy, Marine, Army, Air Force and Special Forces in Central coastal Queensland.

Capt. Thomas J. Culora commands the 844 foot-long, 40,000 ton USS Boxer. The San Diego-based ship was commissioned



During their short stay, Boxer and John Paul Jones swapped two Landing Craft Air Cushion (LCAC) vehicles with Assault Craft Unit Five (ACU-5) Detachment Sasebo, took on stores in preparation for Talisman Sabre, a U.S./Australian forces exercise, and enjoyed liberty in Sasebo.



Feb. 11, 1995, and built using 21,000 tons of steel, 400 tons of aluminum, 400 miles of electrical cable and 80 miles of piping and tubing.

Boxer was built using computer-generated detail design drawings created for each ship section. These state-of-the-art design drawings, used in concert with the revolutionary modular construction techniques pioneered by Ingalls Shipbuilding, produced a ship that was 70 percent complete when launched.

The ship is designed as the centerpiece for America's rapid-

response Amphibious Ready Groups (ARGs).

Cmdr. Andrew F. Cully commands USS John Paul Jones. The ship's mission is to conduct prompt and sustained operations at sea in support of U.S. national interests. The ship can operate independently, as an element of a coordinated force, or as the nucleus of a surface action group, and to direct and coordinate anti-air, surface, undersea and strike warfare operations.



Brief Notes

Paving work is being performed on California Drive in the Hirase Area of Main Base until June 18.

The first section under construction will be from the Harbor View Club to Bldg. 100, Operations Department Building. This area will be under construction for one more week, followed by three weeks of work from Bldg. 100 to the Government Vehicle Fuel Station.

These areas under construction will be reduced to one lane traffic each working day from 8 a.m. to 5 p.m. For further information regarding this paving work, contact ROICC at 252-3469.

Memorial Service at Soto Dam

The Sasebo Chief Petty Officer's Association and the Kyushu Military Retired Association will make their annual homage to Soto Dam on **Sunday, May 29**. This annual visit honors the 55 U.S. servicemen and 14 Japanese who died during the dam's construction from 1941-1944.

Services will begin at 12 p.m. Transportation will be provided from the Showboat Theatre parking lot to and from the dam. Buses will depart at 11 a.m. and return at approximately 1:30 p.m. If you desire transportation, please contact OSC (SW) Boldes at 252-2309 or send a request via e-mail to gary.boldes@sasebo.navy.mil or contact OS1(SW) Hermosura at 252-2342 or e-mail him at gary.hermosura@sasebo.navy.mil.

Uniform for active duty personnel will be Summer Whites. All others are requested to wear appropriate civilian attire. Following the ceremony there will be a picnic at Nimitz Park's Pavillion #3. All are invited to attend. Please bring a covered dish or dessert.

DON'T touch that phone...

Career Management Symposium gives CFAS community 'face time' with detailing teams during week of May 16-19

JOSN Jeff Johnstone
CFAS Public Affairs

Junior and senior enlisted Sailors and officers from Fleet Activities Sasebo (CFAS) and ships home ported at CFAS and their spouses had the opportunity to discuss their careers with detailers and attend a Career Management Symposium with personnel from the Personnel Command Center for Career Development, Millington, Tenn., at the Community and Education Center last week. Detailers spoke with Sailors about upcoming orders and duty preferences, and the symposium stressed the importance of, and advice on how to make smart career decisions.

"We're not just talking about careers in the Navy, but careers in general," said Master Chief (SW) William E. Andersen, Naval Personnel Center (NPC) Operations Command Master Chief. "We'll discuss forming and tracking careers and helping people to make smart, informed decisions. Not only while a Sailor is in the Navy, but also for when they get out," said Andersen.

The symposium covered a variety of

topics Sailors may have questions or concerns about, or may not even think about that can enhance their careers.

According to Andersen, keys to a successful career include being familiar with and properly using the Montgomery G.I. Bill, Navy Knowledge Online (NKO) and how best to apply it and how best prepare for retirement.

The symposium benefits spouses, helping them understand the best ways to prepare for a move and a new command.

Other topics discussed included career mapping, Perform to Serve and Operations Blue to Green and Blue to Orange.

Detailers from NPC enjoyed meeting and talking to Sailors face-to-face.

"Our job is to guide them (Sailors) in their careers based on our experiences," said Chief Hull Technician (SW) Alyce Monahan. "They (Sailors) can see that I'm a real HT, or a chief who has gone through the same things they are as Sailors. They can see that all of our information is right in front of both us and them since we are talking to each other face-to-face."



A representative from the Personnel Command Center discusses career topics with attendees at one of the many symposiums offered at CFAS May 16-20. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

According to Monahan, the detailers benefit from face-to-face meetings as much as their Sailors.

"Meeting in person allows us to put faces to names. We get to go to Sasebo and places like it (outside Millington, TN), and that allows us to better sell different duty locations," said Monahan.

The face-to-face meetings produced positive results for Sailors.

"It was a good experience, and I would do it again," said Machinist Mate Third Class Joshua Giddens. "I learned about where I can go and what I can do in the future of my career."

DUI Counter:
25 days as of May 19

Sasebo set to recognize volunteers...with your help

Candace Currier
Director, Fleet & Family Support Center

For the sixth consecutive year, the Fleet and Family Support Center (FFSC) would like to announce the scheduling of our community's annual Volunteer Appreciation Picnic event.

For those who are unfamiliar with our tradition in Sasebo, we celebrate all community volunteers at a large picnic each year, presenting them with certificates of recognition and gifts of appreciation for those who contribute the most time to the benefit of community organizational and services support.

The picnic this year will be held from 11 a.m. until 1 p.m. on Friday, June 17 in Nimitz Park.

Through the generosity of the Sasebo Wardroom Association and Officer's Spouse Club, the picnic fare

of hamburgers, hot dogs, salads, and sodas is free of charge to all who attend, including all identified volunteers, family members, and other members of our community who would like to come out and express your gratitude to these marvelous people for all they have done for us.

What constitutes a volunteer? A volunteer is any man, woman, or child, American, Japanese, or other, who gives of so much as one hour of their personal time to the support of an organization's work output, or the accomplishment of a community focused goal.



We will be gathering names of volunteers from throughout the community, compiling a master list of names and hours where those individuals who give of their time to multiple causes will be collated to determine their total volunteer time rendered. Each and every volunteer submitted will receive a presentation certificate heralding the number of hours they've contributed.

Last year we celebrated the contributions of more than 1,100 community members, as identified by a number of source organizations – to include:

- Religious Ministries

- USO
- DoDDS Schools
- MWR Youth Sports
- Scouting groups
- Navy Legal Service Office (VITA/ELF)
- Branch Health Clinic
- Post Office
- And many more!

Please use the attached format to prepare your list of volunteers, along with the number of hours they have contributed over the past year (April 1, 2004 to March 31, 2005). We need these lists submitted to the FFSC as soon as possible, and no later than Monday, June 6, so appropriate arrangements can be made to honor them.

This is just another example of why Sasebo is one of the best and most caring communities in the U.S. Navy!

Assault Craft Unit Five Det. conducts LCAC swap

JO1(SW) Ron Inman
CFAS Public Affairs

Assault Craft Unit Five Detachment Sasebo conducted a swap of four Landing Craft Air Cushion (LCAC) May 17, ensuring optimum readiness for the forward deployed forces of Seventh Fleet which they support.

The LCAC's primary mission is amphibious warfare. Its role in this mission is to transport weapons systems, equipment, cargo and personnel of a Marine Air/Ground Task Force from ship-to-shore and over the beach, offload, and return to the ship. The craft is capable of carrying a 60-ton payload at speeds of over 40 knots over land and water, exposing 70 percent of the world's beaches to amphibious assault.

Two LCACs disembarked from USS Boxer (LHD 4) in the morning, arriving at the detachment's Sakibe facility at approximately 10:30 a.m. One of the LCACs featured a 'deep skirt', an improvement which allows the craft to operate in rougher sea conditions.



LCAC 90 transitions from the ocean to the beach, arriving at the Sakibe facility as the newest 'member' of ACU-5 Det. Sasebo (Official U.S. Navy Photo by JOSN Jeff Johnstone)

"The deep skirt enables the craft to do a better transition to and from the beach, and also allows better obstacle clearance," explained Gas Turbine System Technician (Mechanical) Second Class Vincent E. Zamora.

The incoming craft were originally based

at Camp Pendleton, Calif., and made the transit across the Pacific Ocean aboard Boxer, which pulled into Sasebo for a port visit May 16.

Two craft also left the facility that afternoon, and embarked aboard USS Boxer for the transit back to Camp Pendleton for required maintenance.

According to Zamora, craft typically rotate to Pendleton every two-three years, or whenever advanced maintenance is required, since Sakibe does not have a repair hangar to do such repairs.

With the arrival of the new crafts to Sakibe, the detachment still had their work cut out for them.

According to Operations Specialist Chief (Surface Warfare/Air Warfare) Doug E. Martin, Craftmaster for LCAC 74, the swap includes a full inspection of each craft to determine its actual material condition, including the 'bag' or cushion the craft rides on. The craft engineer, navigator and craftmaster also review all logs and records for the craft, and turn over all items included with each craft, down to ensuring the serial numbers match for each item.



A Boatswain's Mate Second Class (SW) cleans off mooring lines aboard an LCAC May 17 at Sakibe. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
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Fort McHenry prepares for CARAT 2005 training exercises

JO3 David J. Ham
USS Fort McHenry (LSD 43) Public Affairs

USS Fort McHenry (LSD 43) will take part in the first half of exercises in this year's Cooperation Afloat Readiness and Training (CARAT) 2005.

Fort McHenry and other U.S. Navy ships participated with several Southeastern Asian nations during CARAT 2004. After successful training exercises in 2004, Fort McHenry has been asked to take part in the beginning stages of the bilateral exercises for this year's events. USS Boxer (LHD 4) will replace Fort McHenry at the midpoint of the exercises and then wrap up CARAT.

CARAT 2005 will include navies from Brunei, Indonesia, Malaysia, the Republic of the Philippines, Singapore, and Thailand. Other U.S. Navy ships involved will include USS Paul Hamilton (DDG 60)

out of Pearl Harbor, Hawaii, USS Boxer (LHD 4) out of San Diego, Calif., USS Rodney N. Davis (FFG 60) from Everett, Wash., and USS Safeguard (ARS 50) homeported in Sasebo.

CARAT began in 1995. Eleven years later, the exercise has gained acceptance and prominence with the United States and host nations. With the addition of new, more modern platforms and the introduction of updated concepts and tactics, the complexity of the performed exercises has increased. CARAT

2005 will focus on the concepts of

regional maritime security and theater security cooperation.

In addition to the exercises introduced in CARAT, Fort McHenry will also be involved with the COMSEVENTHFLT exercise known as Southeast Asia Cooperation Against Terrorism (SEACAT). SEACAT is designed to establish regional coordination in support of a cooperative response to terrorism and transnational crime at sea. SEACAT will occur in conjunction with CARAT.

USS Fort McHenry is a dock landing ship forward deployed to Sasebo as part of the Essex Amphibious Ready Group.



USS Fort McHenry (LSD 43) prepares to leave port to participate with four other U.S. Navy ships in this year's regional maritime and theater security cooperation exercise, Cooperation Afloat Readiness and Training (CARAT) 2005.

BRAC recommendations help advance effectiveness, efficiency

JO1 (SW) Hendrick L. Dickson
Navy News Service

The Department of Defense (DoD) announced its Base Realignment and Closure (BRAC) recommendations May 13. The department's BRAC recommendations, if adopted, would close 33 major bases and realign 29 more.

Among those recommendations were the closure of nine major Navy installations, the realignment of eight others and the closure of 46 smaller installations, including 37 Reserve centers.

The Department of the Navy's BRAC impact will save the nation more than \$1.5 billion per year once fully implemented.

The U.S. military has been embarked in an effort to transform into a more effective and efficient fighting force. The Navy recommendations support that effort by matching the facilities to the forces and allowing the military to invest resources where they are needed.

"We want to have the right bases located in the right places with the right capabilities and that will allow the force we have to be more effective" said a senior Navy official. "So transformation has been very much the thought throughout this process, and we hope the recommendations truly support that."

Every aspect of each facility is considered and people at all levels, from the base commander to the Chief of Naval Operations, provided input which directly impacted the DoDs decision.

We have to consider everything. The law requires us to look at everything without regard to whether it was considered for closure or realignment before. We have to make sure the data we use in evaluating our bases is certified as accurate.

There are no final decisions yet," said the official. "We have a ways to go before those decisions are final."

No final BRAC decisions will be made until an independent BRAC Commission, the President and Congress have reviewed and approved the recommendations.

The full BRAC recommendations and other details may be found online at <www.defenselink.mil/brac>.

Navy doctors advise Sailors to use caution when exercising

JOSN Matthew Bullock
National Naval Medical Center Public Affairs

National Naval Medical Center's health experts are advising Sailors of the risks associated with exercising too hard in the summer heat.

According to Lauren Thomas, a weight management coordinator at the hospital's health and wellness center, some Sailors go to extreme measures to obtain 'beach-worthy' bodies.

"A person may become inspired to begin running five miles a day, five times a week," she said. "Even though they have good intentions, this sudden increase in activity is very dangerous and increases risk of injury."

Thomas said it is important to take things slowly, especially in the heat, when starting a new exercise regimen.

Thomas said the benefits of exercise are not only for physical appearance, but also for overall health and wellness, including heart health.

A lack of physical activity can promote high blood pressure, and high blood pressure can ultimately lead to a heart attack or stroke.

Regular exercise expands arteries, making it easier for the heart to pump blood throughout the body with less

pressure.

"The more you weigh, the higher your blood pressure can go," said Thomas. "Regular exercise helps lower blood pressure and assists weight loss."

For related news, visit the National Naval Medical Center Navy NewsStand page at <www.news.navy.mil/local/

nnmc>. For more information on exercise safety, contact the Main Base Branch Health Clinic office at 252-8770.

April Yard of the Month winners announced...



Fleet Activities Sasebo (CFAS) is proud to announce the winners of April's Yard of the Month for Main Base and Hario. CFAS' Command Master Chief awards the YOM winner for Hario housing (left) and the YOM winner for Main Base housing along with her family. Congratulations to the winners and keep up the great (yard) work! (Released by CFAS Public Affairs)

Breast cancer awareness highlighted in May

JOSN Heather Weaver

National Naval Medical Center Public Affairs

During Breast Cancer Awareness Month in May, health care providers at the National Naval Medical Center (NNMC) are reminding women that early detection is a key to survival.

Every three minutes, a woman is diagnosed with breast cancer, which is now the leading female cancer diagnosis, according to the American Cancer Society.

“Early detection is your best protection,” said Barb Ganster, a nurse case manager for the hospital’s Breast Care Clinic. “The sooner we can detect it, the sooner we can treat you.”

Early detection can be tricky, but the breast care center staffers recommend a process that women can follow to protect themselves.

“Our first recommendation is for women to do a breast self-exam on a monthly basis one week after starting their menstrual cycle,” said Ganster. “If post-menopausal, women should choose one day each month to do the exam.”

Self-exams should start in a woman’s early 20s, according to the American

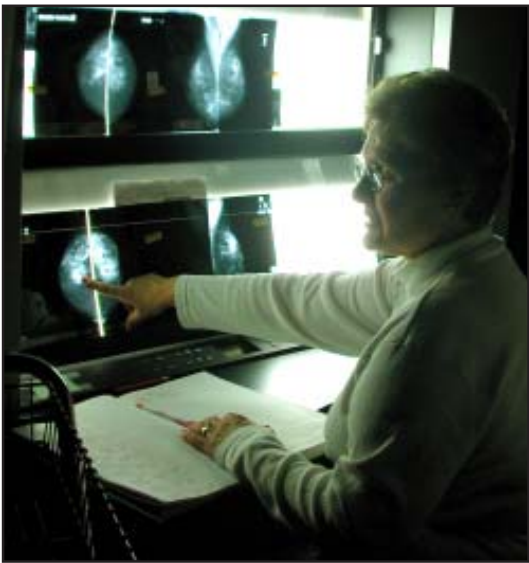
Cancer Society.

To perform a breast self-exam, a woman should lie on a flat surface and place a pillow or folded towel under her left shoulder. She should place her left hand behind her head, making sure her shoulder is raised high enough for her left breast to be centered on top of her chest, falling neither to the center nor toward the armpit. According to Dr. Prabhavathi Nama, a medical consultant for the Women’s Health Committee at NNMC, this arrangement distributes the breast tissue as evenly as possible and makes it easier to feel for lumps or abnormalities.

The best way for women to check themselves is to use two or three fingers and use the sensitive, flat inner surfaces of her fingers, according to Nama.

The American Cancer Society suggests the vertical-linear method of breast self-examination. Start the exam in the underarm area and move fingers downward until reaching the area below the breast. Move fingers slightly to the right, then examine tissue back up toward the top of the breast.

Continue this motion until the whole breast is examined, feeling for any masses or change in the breast tissue.



An Imaging Specialist, reviews a patient’s x-ray in the Bethesda Medical Center’s new collocated Breast Care Imaging Center. (Official U.S. Navy Photo by Operations Specialist Second Class Wendy Kahn)

“It’s important women examine the entire area around their breasts, including

the armpit,” said Ganster.

Breast cancer does not always appear as a lump, Ganster said. Women should also stand in front of a mirror with their hands behind their heads looking for abnormal skin changes in the breast or armpit during the monthly self-examination. They should also be aware of nipple-fluid discharge, rashes, inflamed skin or any other abnormality.

Women over 40 should have a mammogram annually. A woman with a family history of breast cancer should begin mammograms ten years prior to the family member’s age at the time of diagnosis.

Ganster also recommends that men who have a family history of breast cancer also be aware of any changes, because they can also develop the disease.

“If any abnormality is detected, the woman [or man] should see a health care provider immediately,” said Ganster.

For related news, visit the National Naval Medical Center Navy NewsStand page at www.news.navy.mil/local/nnmc/.

Navy Lodge celebrates 35 years of service, hospitality

JOSN Jeff Johnstone

CFAS Public Affairs

The Navy Lodge celebrated 35 years of meeting the needs of Sailors and their families by providing top notch hospitality and service Wednesday, May 18.

“The Navy Lodge was established primarily for the PCS family and the TAD Sailor, and in Sasebo, this is heavy PCS season,” said Michael J. Bockelman, Navy Lodge Program Director. “We market ourselves around guest relations services, and we are very proud of that. It’s truly exciting to work with such dedicated people.”

The Navy Lodge maintains a solid reputation as a top of the line hotel chain and has garnered some impressive awards along the way.

“Metric Hospitality surveyed 35,000 people, and from

that survey, it was determined that we have the fifth cleanest hotel chain in the world. I’m pleasantly surprised by the number of non-military people who have heard of the Navy Lodge, said Bockelman. “We also have a 93 percent guest satisfaction rating. That is great, considering the hotel average is 73 percent.”

“Our people really do care. They want families to feel warm, welcome and safe, especially in a nation they’ve never been to. Knowing someone is at the door to say hello, or ‘how are you today,’ or directing someone to the nearest restaurant, it’s the little things that we do to make the customer feel welcome and make a PCS move easier,” said Bockelman.

“Lots of times, we are the first impression people have of the base. It’s important to us that we do everything to

ensure an enjoyable visit.”

Navy Lodge operates 44 facilities around the world. Navy Lodge Sasebo is a consistent award winner among the chain.

In 2003, Navy Lodge Sasebo was awarded the Carlson Award, the Navy Lodge’s top honor based on guest satisfaction, hotel performance and how the Lodge works with the community.

“To win a Carlson means nothing short of a good staff and satisfied guests,” said Bockelman.

Navy Lodge Sasebo also won the 2004 Hospitality Award, which is presented to the hotel rated with the highest hospitality. This award is based on what guests say on a customer comment card.

Bockelman is very pleased with the Navy Lodge Sasebo operation.

“Navy Lodge Sasebo is a very good, very clean facility,” said Bockelman.

According to Bockelman, good customer service is the goal at every Navy Lodge facility.

“For us, it’s about the customer. It could be a family, a Sailor from a ship that just wants a place to watch television alone or Sailors who want a chance to cook their own meal,” said Bockelman. “It doesn’t matter if you’re an E-1 or an O-6, everyone gets equal customer service here.”



Navy Lodge Sasebo associates pose for a group photo. Navy Lodge celebrated it’s 35th anniversary Wednesday, May 18. Navy Lodge currently operates 44 quality facilities around the world. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Community comes together for child care provider appreciation day

Released by CFAS Public Affairs

Members of the greater Sasebo community came together last week to celebrate Provider Appreciation Day at the Main Base and Hario Child Development Centers.

The gathering was part of a national Child and Youth Program celebration held annually during the first week of May to recognize Morale, Welfare & Recreation (MWR) childcare professionals involved in Child And

Youth Program activities for Navy children and youth, newborn to 12 years of age.

Over 60 professional childcare providers received a letter of appreciation from MWR Director Scott Poluhowich during the event in recognition of their on-going commitment to excellence in child and youth program activities in the Sasebo community.

Specifically, Sasebo childcare providers were recognized for their exceptional efforts in support of daily child health and safety checks, help with indoor and

outdoor safety inspections, daily planning and implementation of lesson plans, attentive care of children’s special needs, establishing written developmental plans and goals for each child, communicating to staff and parents, maintaining overall sanitary conditions throughout the Child And Youth Program facilities on an on-going basis, preparing daily reports to parents and playing and interacting with children.

The Hawks will take on the visiting Hanshin Tigers Saturday, May 21 at the famous Yahoo Dome in Fukuoka. If you haven't been to a Japanese pro baseball game yet, then you're in for a treat. All seats are just \$30, including transportation, game ticket and balloons for the 7th inning stretch. Outside food and beverages are not allowed inside the dome. Camcorders are also not permitted. For more information, call 252-3433.

You can do it! A great way to enjoy the summer and explore some of the great sites in and around Sasebo with family and friends. The good people at the Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) have scheduled a Coastal Sea Kayaking Certification class on Friday, May 27 at a cost of only \$35 per person. Class begins at 10 a.m. and continues until 4 p.m. For more information, please call 252-3500.


No matter if you're new to Sasebo or if you've been here for years, the MWR Travel & Tours Office has something good going on every week that you'll enjoy. Let MWR do the driving while you sit back in a nice clean and comfortable bus or van and experience something unique in Japan at affordable prices. On Saturday, May 28, you can take the kids to Kitty Land, a fun amusement park geared towards children 12 and under. Kitty Land features several cartoon hero figures and other attractions in a series of colorful locations such as Harmony Village, Harmony Park, Nature Zone and Carnival Square. For more information, call 252-3433.

The Travel & Tours Office has made arrangements for a Nagasaki City Day Tour on Saturday, May 28. Price is \$20 for adults, \$14 for children (6 to 17) and \$8 for youngsters (5 and under). Fees include transportation, escort and all entrance fees. The bus will depart the Harbor View Club at 7:45 a.m. and the Hario Community Center at 8:30 a.m., returning to the Hario Community Center at 7 p.m. and the Harbor View Club at 7:30 p.m. Bring extra yen for lunch and souvenirs and be sure to dress for the weather. For more information, call 252-3433.

Travel & Tours has scheduled a trip to Acorn Village on Sunday, May 29. Acorn Village is a unique amusement park that has something for everyone in the family. You can enjoy grass sledding, roller skating, cool slides, horseback riding and archery, to name a few of the many activities available there. Browse through the gift shops or stop for a bite to eat during your visit. Cost is \$15 for adults, \$10 for children (12-18), \$8 for children (4 to 11) and only \$4 for youngsters (3 and under). For more information, call 252-3433.

Sign-up now for the Space World Amusement Park trip, scheduled for Monday, May 30. Space World is the only "space" theme park in the world. Located in Kitakyushu City in Fukuoka, the huge amusement park features several roller coasters, including the Space Coaster and the Titan, a monster ride that zooms down from a height of 180 feet at a blazing 70 mph. There are many other great adult rides to enjoy as well. The little ones are sure to enjoy Lucky Land, filled with many fun rides and costumed characters from outer space. There are also several restaurants, gift shops, museums, theaters and more. Cost for transportation and a one-day pass is only \$30 for adults, \$20 for children (4-11) and \$5 for youngsters (3 and under). The bus will leave the Harbor View Club parking lot at 7:45 a.m. and the Hario Community Center at 8:30 a.m. For more information, call 252-3433.

The JMSDF museum currently has an excellent display of items related to the Russo-Japanese War and Battle of Tsushima to commemorate the 100th anniversary. Incidentally, the JMSDF museum has kindly donated a Russo-Japanese War-vintage projectile for our own historical display.




Schedule for May 20-29

SHOWBOAT THEATER


TELEPHONE: 252-3822

Movie schedule is
subject to change
without notice.

FRIDAY, MAY 20	SATURDAY, MAY 21	SUNDAY, MAY 22	MONDAY, MAY 23	TUESDAY, MAY 24	WEDNESDAY, MAY 25	THURSDAY, MAY 26	FRIDAY, MAY 27	SATURDAY, MAY 28	SUNDAY, MAY 29
5 p.m. (PG-13) *Beauty Shop	2 p.m. (PG-13) Star Wars: Episode 3	2 p.m. (PG-13) Star Wars: Episode 3	6:30 p.m. (PG-13) Star Wars: Episode 3	6:30 p.m. (PG-13) Beauty Shop	6:30 p.m. (PG-13) Star Wars: Episode 3	6 p.m. (PG-13) Guess Who	5 p.m. (PG-13) *Fever Pitch	2 p.m. (PG-13) Star Wars: Episode 3	2 p.m. (PG) Ice Princess
7:30 p.m. (PG-13) *Guess Who	5:30 p.m. (PG-13) Beauty Shop	5:30 p.m. (PG-13) Beauty Shop					7:30 p.m. (R) *Sin City	5:30 p.m. (PG-13) Fever Pitch	5:30 p.m. (R) The Upside of Anger
10 p.m. (PG-13) Star Wars: Episode 3	7:30 p.m. (PG-13) Guess Who	8:30 p.m. (PG-13) Guess Who					10 p.m. (R) *The Upside of Anger	7:30 p.m. (R) Sin City	8:30 p.m. (R) Sin City
	10 p.m. (PG-13) Be Cool							10 p.m. (R) The Upside of Anger	

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, MAY 20	SATURDAY, MAY 21	SUNDAY, MAY 22	MONDAY, MAY 23	TUESDAY, MAY 24	WEDNESDAY, MAY 25	THURSDAY, MAY 26	FRIDAY, MAY 27	SATURDAY, MAY 28	SUNDAY, MAY 29
6:30 p.m. (PG) Robots	2 p.m. (PG) The Pacifier	2 p.m. (PG) Robots	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	6:30 p.m. (PG-13) Star Wars: Episode 3	6:30 p.m. (PG-13) Beauty Shop	2 p.m. (PG) Robots	2 p.m. (PG-13) Star Wars: Episode 3
9 p.m. (R) Hostage	6:30 p.m. (PG-13) Miss Congeniality 2: Armed & Fabulous	6:30 p.m. (PG-13) Be Cool				No scooters, skates, skateboards, strollers or backpacks allowed in theaters. NO OUTSIDE FOOD OR BEVERAGES.	9 p.m. (PG-13) Guess Who	6:30 p.m. (PG-13) Beauty Shop	6:30 p.m. (PG-13) Beauty Shop
	9 p.m. (R) Hostage							9 p.m. (PG-13) Guess Who	
			* = Premiere						

STAR WARS: EPISODE 3 (PG-13)
Starring: Ewan McGregor, Hayden Christensen, Natalie Portman, Jen McDaniel and Samuel L. Jackson
 After three long years of relentless fighting, the Clone Wars are nearly at an end. The Jedi Council dispatches Obi-Wan Kenobi to bring the deadly leader of the Separatist droid army to justice. Meanwhile, back on Coruscant, Chancellor Palpatine has grown in power. His sweeping political changes transform the weary Republic into the mighty Galactic Empire.

BEAUTY SHOP (PG-13)
Starring: Queen Latifah, Alicia Silverstone, Andie MacDowell, Alke Woodward and Minka Kelly
 Gina Norris is a long way from the Barbershop. She's moved from Chicago to Atlanta so her daughter can attend a prestigious music school. She's also made a name for herself at a posh salon with her cutting edge hairstyles. But when her egotistical boss takes credit for her work, she leaves the salon with shampoo girl Lynn in tow to open a shop of her own. Gina buys a rundown salon and inherits a motley group of headstrong stylists.


ICE PRINCESS (G)
Starring: Michelle Trachtenberg, Joan Cusack, Kim Cattrall, Hayden Panettiere and Trevor Barnes
 Brainy Casey Carlyle has never quite fit in. She is caught between her fantasy of becoming a championship figure skater and her strong-willed mother, who has her on the fast track to Harvard. She hopes to be like Nikki, Tiffany and Gen - three elite skating prodigies who are ruthlessly competing on the United States National Circuit.

GUESS WHO (PG-13)
Starring: Benicio Mac, Ashton Kutcher, Zoe Saldana, Judith Scott and Hal Williams
 Percy Jones is taking no chances with his daughter Theresa's future. Even before he meets Simon Green, her latest boyfriend, Percy has him checked out. On paper, he passes with flying colors - great job, good investments and a promising future. But there's one thing the credit report didn't tell him . . . Simon Green is while - not that there's anything wrong with that . . . unless Simon wants to marry HIS daughter and he does.

Premiere Feature

FEVER PITCH (PG-13)

Starring: Drew Barrymore, Jimmy Fallon, Lanny Clarke, Jack Kohler and James B. Skiving
 A High School teacher meets and falls in love with a successful businesswoman. Although their lives are vastly different, the relationship seems perfect until the baseball season begins and she has to compete with his first true love . . . the Boston Red Sox.



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5. Admission to movie only, no other concessions.
6. Any card that has been misplaced, defaced or is deemed illegible will not be accepted.
7. This card has no expiration date.
8. No cashback, no cash, no cashback, no cashback or other items are allowed in the theater.
9. No outside food or beverage allowed.
10. CINE-PASS is for use at the Harrio Theater & Village Theater.

Phase one of bowling renovation nears completion

Frank A. DeSilva
MWR Marketing

Work on phase one of a major renovation project at the Spare Time Recreation Center is almost complete as workers add finishing touches to the bowling facility. Phase One of the extensive renovation project began in November, 2004.

Phase two, the installation of new carpet and tile and the renovation of the video game room, is set to begin in July.

Under terms of the Japan Facility Improvement Plan (JFIP), construction of a new bowling center at Sasebo is not authorized. As a result, MWR must maintain the existing facility as best it can.

The renovation project is intended to keep the center operating at maximum efficiency for many years to come.

The eight-lane bowling facility was constructed in 1993 in what was then a base gymnasium. The present 11th Frame Snack Bar was once the base galley.

New bowling center equipment was installed when the bowling facility first opened, but wear and tear from heavy use took its toll over the years. Pinsetters began failing at an unacceptable rate and the interior of the building started showing its age.

MWR Director Scott Poluhowich and

Community Activities manager Dave Wagner decided something had to be done.

Their first priority was to replace the aging Brunswick pinsetters and add new lane bumpers, expensive but essential upgrades that were sorely needed, to say the least.

“The more we looked at the operation the more we realized that the whole facility needed a major overhaul,” Poluhowich said.

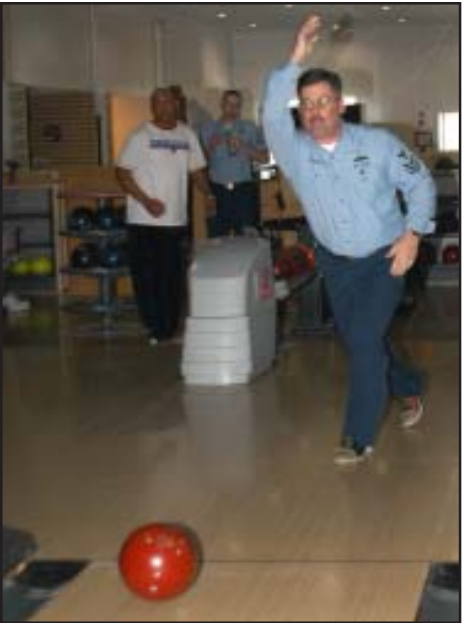
“The old facility hadn't been upgraded since it was built, and it showed. Our customers were telling us through the Center of Excellence customer-driven process that they wanted some changes, and we decided to go ahead and make the commitment.

“This project is a costly one, somewhere around \$300,000 when it's finally completed, but our customers will have a first-class bowling facility and snack bar they can really be proud of,” he said.

The first task was to identify a theme for the center. An interior designer was hired to come up with some options. After reviewing all the preliminary designs Poluhowich and Wagner settled on a modern, techno style design with vibrant colors of circles, swirls and sweeping lines throughout.

“The intent is to create a sense of visual

activity with a modern, upbeat atmosphere that shows action, and I think



A Sailor enjoys a game of free bowling during his lunch break. The bowling alley nears completion of its phase one renovation, and will begin phase two in July. (Official U.S. Navy Photo by PHAN Marvin E. Thompson, Jr.)

we've accomplished that,” said Wagner.

Phase One proved to be a bit more difficult and time-consuming project than originally expected. That's because lead

carpenter Tim Lords and his crew ran into numerous unexpected obstacles in the old building, including uneven floors and walls, steel beams hidden behind wooden structures and a myriad of electrical 'issues' that hampered progress throughout the renovation process.

Undaunted, Lords and his crew pushed forward, working nights and weekends in order to complete phase one. Their efforts have paid off in a big way as bowling center customers appreciate the new look and feel of the renovated facility.

Although work on phase one was completed without losing any 'play time' for bowlers, phase two will be a different story. Poluhowich said the 11th Frame Snack Bar may have to be closed down for as much as two weeks in order to complete work on the floor and carpet, install wallpaper, new tables, chairs and booths. Two new 50-inch plasma television sets will be installed in the Snack Bar area and finishing work will be completed in the video game room.

Work on the third and final phase is scheduled to begin sometime in late fall of this year. Phase three will involve a major overhaul and redesign of the 11th Frame Snack Bar kitchen area.

Safety Corner: The cardinal rules for a fun, safe jog

Charles Carr
CFAS Safety Department

Running or jogging comes with its fair share of natural injuries so it makes sense-taking precautions to prevent “unnatural” accidents, the kind usually caused by the bumper of a car, for example.

1. Run or jog facing traffic as much as possible.
2. If you are running or jogging on a road and a car is approaching without taking a wide berth, don't challenge the car or try to “hold your ground”. Swallow your pride and get off the road even if it means stopping for a moment!
3. If you are involved in a near-accident or a dangerous or aggressive maneuver by a driver, try to remember the license number and report the incident to security.
4. There are six exceptions to the “stay off the street” rule where the street is better than the sidewalk: an organized road race, a quiet residential or country road, a road without sidewalks, a time of day where traffic is virtually nonexistent, sidewalks which are hazardous because of icy conditions, or to sidestep a sidewalk which presents a temporary hazard greater than running on the street such as an aggressive animal or a construction site.

5. Don't skimp on the stretching before your run. Why is this a safety issue, you ask? Because stretching can alert you to a pull or a strain which might stop your run midway and in the middle of nowhere! Also, stretching will minimize the risk of pulled muscles during your run or jog, thus minimizing the risk of having to stop midway through your run.
6. Double-knot your laces before leaving. You may not notice an untied lace until it trips you, or worse, you may suddenly need to avoid an object, person or vehicle and the sudden movement causes you to step on your untied lace, aggravating the dangerous situation. When crossing a road, always use the “look thrice” rule which means looking for traffic coming from the direction closest to the curb, looking the other way, and then checking one last time in the direction closest to the curb. The reason for this is twofold. First, small vehicles such as roller-bladers or bicycles may evade your peripheral vision at first glance. By the moment of your second scan, they will have moved into your peripheral vision.
7. Do not jog or run with a Walkman or portable radio or music-player under any circumstances. Some serious injuries can be avoided given a moment's notice of an onrushing vehicle. Earphones will rob you of that chance

- by virtually eliminating your hearing. You will be oblivious to car horns or yells to “watch out”.
8. Avoid running or jogging in darkness. If you must, always tell someone what your route is and how long you expect it to last. That way, in case of serious assault or injury, you have a person to rely on to search for you. For night jogging/running, always wear clothing with reflective articles. At the very least, wear light colored clothing.
9. If you twist your ankle on an object, try to fall and roll loosely into the twist. This may result in some scraping of the skin on the hand or elbows but it will minimize the sprain. A properly treated sprain will heal much faster than if you continue to run on it right after the sprain.
10. While running in pairs or a group, exercise extreme caution if you are running side-by-side. Cars coming up behind you could result in one trying to pass another with the back car having not seen you, crossing the yellow line and engaging on the side on which you are jogging at high, passing speed. The runner on the extremity would be in grave danger of sudden impact at great speed.

CFAS ‘Reality Check’ offers hot topics for single Sailors

Lt. j.g. Sunny Mitchell
CFAS Religious Ministries

“Hmmm...Sasebo...so, now what? This cannot be what real life is...can it? Ok -now what?”

Single Sailors at Fleet Activities Sasebo (CFAS) seem to frequently ask these questions when they first step off the plane until they PCS to their next duty station.

Life is different when it is attached to the sea services.

Life is very different when attached to the sea services while serving in Sasebo. Issues such as stress, love,

relationships, and loneliness, the backbones of life seem to become magnified and overwhelming while living in Japan. Oftentimes working 12 hours is normal and expected during a typical day for many CFAS Single Sailors and fun and relaxation become myths of a distant life back in a country far away.

Reality Check is the CFAS Command Religious Ministries Department's new single Sailors program that focuses on many topics relevant to single Sailors. This casual discussion in a relaxed atmosphere, lead by Chaplain Mitchell including complimentary food and

drinks, special organized events, opportunities to meet new people, and discussions of current movies, books, events, and issues important to the Sailors of today's Navy, hence the title of the program, “Reality Check.”

Reality Check meets every Friday night at 7 p.m. on the second deck of the Community and Education Center. Please contact the CFAS Religious Ministries Dept. for more information at 252-3380.



Fleet Gym 252-3588

Hario Gym 252-8691

Gridiron grilling: Dragons scorch Hitmen, 26-7



He could go all...the...way! *A Dragons' receiver races down the field to score the game's final touchdown. The Dragons forced the mercy rule on the Hitmen, 26-7. (Official U.S. Navy Photo by JOSN Jeff Johnstone)*

JOSN Jeff Johnstone
CFAS Public Affairs

The Hitmen tried to slay the Dragons, but it was them that got burned. The Dragons improved their record by defeating the Hitmen, 26-7 Tuesday, May 17 at Nimitz Park.

The game opened up with a bang, as the Dragons reached the end zone on the first play of the game. Following an interception on the Hitmen's first possession, the Dragons took a 12-0 lead following a second Dragon touchdown pass. This game had the makings of a rout.

A second interception on the Hitmen's next possession nearly crushed the Hitmen's chances early, but Caleb Poynter picked off a pass for the Hitmen, getting the ball back with decent field to work with. Jay Hansen stepped it up for the Hitmen on the next play with a touchdown reception, cutting the Dragons' lead to 12-7.



The Dragons' quarterback (with ball), narrowly escapes a Hitmen opponent. Both teams applied adequate pressure on defense, forcing several interceptions. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

After stopping the Dragons on the ensuing possession, the Hitmen slump back into turnover mode, again connecting with the wrong team.

After going three and out, The Hitmen take over. The Hitmen reach midfield at the two minute mark, only to stall out on fourth down. This opened up an opportunity for the Dragons, who wanted to take an even more commanding lead at the half.

The Dragons would succeed. A quarterback sneak in the closing seconds of the half saw the Dragons take an 18-7 lead at the half.

The Hitmen begin the second half in good form, as Jay Hansen caught another pass. Second, third and fourth downs were not so kind, as the Dragons defense stepped up the pressure.

The Dragons would take over with good field position, however, the turnover bug was living in the turf field, and bit all the quarterbacks. The Hitmen would take over deep in their own territory following an errant pass by the Dragons. While the two teams' offenses fluttered, the defense on both teams would ratchet it up a notch.

The Dragons would save face and increase their lead to 20-7 following a safety. As if in answer, the Hitmen defense picked off Fontenot yet again. Now the question is, who can take advantage of the turnovers? It appeared the Hitmen would, after throwing what they believed was a touchdown. However, the celebration was short lived. A field judge reversed the score due to an illegal forward pass. The Hitmen would then turn the ball back over on downs.

The Dragons offense looked offensive as well at times. High and low snaps from center killed off several



Catch me if you can...*A Hitmen receiver carries the ball out of bounds after catching a deep pass. (Official U.S. Navy Photo by JOSN Jeff Johnstone)*

Dragon downs, keeping the Hitmen in the contest. After a Dragon interception was called back due to a roughing the passer penalty, the Hitmen again failed to move the ball. The Dragons would take over again. This time, the Dragons came out with breathing fire, and not just blowing smoke. Fontenot would take the ball to the Hitmen 40-yard-line following a quarterback sneak. On the next play, it was all she wrote as Dee Pascua caught a deep pass and was off to the races. The score gave the Dragons a 26-7 victory with just under two minutes to play. The officials called for the 19 point mercy rule, and this cookout was finally over.

Upcoming Sports

Fitness Intro Circuit Training

May 3rd – June 30, every Tuesday and Thursday from 11:30 a.m. -12:30 p.m. at the Fleet Fitness Center. No registration required, just show up to participate! Beginners and novices welcome and encouraged. Learn about the equipment and proper lifting movements. Training will be conducted either 1-on-1 or in a group setting depending on number of participants.

Fit 4 Fuji

May 1-July 31: Prepare to climb Mt Fuji this summer! Get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers and start earning rewards and discounts, getting FIT to conquer Fuji. Take advantage of numerous fitness opportunities (lap swim/group exercise class/Fun Run events or 30 minute cardio workouts. For more information call 252-3500.

Spring Basketball Standings

	Wins	Losses
1 Young Guns	13	0
2 Showtime	6	1
3 BLF	4	2
4 Tru Stories	3	2
5 Outlaws	4	5
6 Gators	4	6
7 Harpers Ferry	3	5
8 Dragons	1	2
9 Essex	2	4
10 Warriors	1	8
11 AFN	0	3
12 Ballers	0	1

Spring Softball Standings

	WIN	LOSS
1 Total Force	18	0
2 Fire Dreams	12	1
3 Fort McHenry	12	5
4 Guardian	4	2
5 Dragons	9	5
6 Crush	8	5
7 Bone Crushers	8	7
8 Squirrels	7	7
9 Patriot	6	7
10 Harpers Ferry	5	9
11 Shooters	2	7
12 Security	3	12
13 Educators	1	4
14 Young Gunz	2	10
15 Iron Gators	1	6
16 Snipes	1	7

